



Spring 5 Ingredient Vegan Online Class Recipes + Shopping List

Please note: Salt, Pepper, Oil and Water are not counted as one of the 5 ingredients.

Sunflower Massaged Kale Salad

serves 2

- 1/2 cup sunflower seeds, soaked at least one hour
- 3 tbsp nutritional yeast
- 1 tsp hot paprika
- 1 tsp cumin
- 1/4 tsp sea salt
- 1/4 cup water
- 1 bunch of kale, cleaned and torn into bite-sized pieces

Puree all of the ingredients, except for the kale, in your food processor until smooth. Pour the sunflower puree over the kale and massage until it becomes tender, about 3 minutes. Serve as is or with other veggies like shredded carrots, tomatoes or cucumber.

Avocado & Chickpea Tartine

serves 2

- 2 slices of rustic whole wheat bread, toasted
- 1 avocado, diced
- 1 cup chickpeas
- 1/4 cup dill (or another herb you love)
- juice of one lemon
- sea salt & fresh pepper to taste

Combine the diced avocado, chickpeas and dill in a bowl. Season with fresh lemon juice, salt and pepper. Serve over toasted bread with a drizzle of good olive oil.

Lemon, Spring Pea & Quinoa Pilaf

serves 3-4

- 1 cup quinoa
- 1 shallot, minced
- 1 tbsp olive oil

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1 ½ cup water (or vegetable broth)
½ cup fresh or frozen peas (thawed if frozen)
1/2 cup fresh basil (or other herbs like dill, cilantro, parsley)
1 tsp fresh lemon juice
sea salt & black pepper

In a small pot, heat olive oil on medium-high heat. Add the shallots and saute until translucent. Add the quinoa to the pot, and stir. Allow it to toast for a minute or two. Add the water, or broth, and bring to a boil. Allow this to simmer, slightly covered, for 10-15 minutes. Add the peas, remove from heat, and cover completely. Let the quinoa and peas steam until completely cooked, another 10 minutes. Fluff quinoa with a fork, and stir in the salt and pepper to taste, lemon juice and the chopped herbs. Serve immediately.

Raw Mango Cobbler

serves 4

2 ripe mangos (preferably Champagne mango), cubed
2 tbsp fresh squeezed orange juice
1 1/2 cup pecans
1/2 cup Medjool dates, pitted and chopped
1 tsp fresh ginger, minced
pinch of sea salt

In a large bowl stir together the mango and orange juice.

In food processor, pulse pecans, dates, ginger and salt until a hearty nut crumble is left. Add this crumble to the sliced peaches, toss lightly, then spoon into a pie dish to serve.

Shopping List

I give the cup amount to purchase in case you are planning to shop in the bulk section.

kale
dill
basil
shallot (1)
ginger
avocado (1)
lemons (2)
orange (1)
mangos (2)

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sunflower seeds (1/2 cup)
pecans (1 1/2 cups)
quinoa (1 cup)
medjool dates (1/2 cup)
chickpeas (1 can or cook fresh)
frozen peas (or fresh)
nutritional yeast
hot paprika
cumin
rustic whole wheat bread

olive oil
sea salt
fresh black pepper